

LAP POOL SCHEDULE

Effective August 18, 2020



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5 a.m.	Pool Closed	5:00 am – 8:30 am All Lanes Lap Swim	5:00 am – 8:30 am All Lanes Lap Swim	5:00 am – 8:30 am All Lanes Lap Swim	5:00 am – 8:30 am All Lanes Lap Swim	5:00 am – 8:30 am All Lanes Lap Swim	Pool Closed	
6 a.m.								
7 a.m.								
8 a.m.		8:30 – 11:00 am 5 Lanes Swim Programs	8:30 – 11:00 am 5 Lanes Swim Programs	8:30 – 11:00 am 5 Lanes Swim Programs	8:30 – 11:00 am 5 Lanes Swim Programs	8:30 – 11:00 am 5 Lanes Swim Programs		8:00 am – 11:00 am 5 Lanes Sharks Swim Team
9 a.m.								
10 a.m.								
11 a.m.	11:00 am – 1:00 pm All Lanes Lap Swim	11:00 am – 1:00 pm All Lanes Lap Swim	11:00 am – 1:00 pm All Lanes Lap Swim	11:00 am – 1:00 pm All Lanes Lap Swim	11:00 am – 1:00 pm All Lanes Lap Swim	11:00 am – 1:00 pm All Lanes Lap Swim	11:00 am – 5:00 pm All Lanes Lap Swim	
12 p.m.								
1 p.m.								
2 p.m.	1:00 pm – 4:00 pm All Lanes Lap Swim	1:00 pm – 4:00 pm All Lanes Lap Swim	1:00 pm – 4:00 pm All Lanes Lap Swim	1:00 pm – 4:00 pm All Lanes Lap Swim	1:00 pm – 4:00 pm All Lanes Lap Swim	1:00 pm – 4:00 pm All Lanes Lap Swim		
3 p.m.								
4 p.m.								
5 p.m.	Pool Closed	4:00 pm – 5:00 pm Pool Closed Swim Programs	4:00 pm – 5:00 pm Pool Closed Swim Programs	4:00 pm – 5:00 pm Pool Closed Swim Programs	4:00 pm – 5:00 pm Pool Closed Swim Programs	4:00 pm – 5:00 pm Pool Closed Swim Programs	Pool Closed	
6 p.m.								
7 p.m.								
8 p.m.		5:00 pm – 5:30 5 Lanes Swim Programs	5:00 pm – 5:30 5 Lanes Swim Programs	5:00 pm – 5:30 5 Lanes Swim Programs	5:00 pm – 5:30 5 Lanes Swim Programs	5:00 pm – 5:30 5 Lanes Swim Programs		5:00 pm – 5:30 5 Lanes Swim Programs
7 p.m.	7:00 pm – 8:00 pm All Lanes Lap Swim	7:00 pm – 8:00 pm 2 Lanes Swim Programs	7:00 pm – 8:00 pm All Lanes Lap Swim	7:00 pm – 8:00 pm All Lanes Lap Swim	7:00 pm – 8:00 pm All Lanes Lap Swim	7:00 pm – 8:00 pm All Lanes Lap Swim		
8 p.m.							Pool Closed	Pool Closed

Children 6 and under must be in direct contact with an adult.
 Children 11 years and under must pass a swim test and have an adult on deck.
 No monofins or mermaid tails permitted.
 Pool Schedules may change without prior notice. Private lessons may take place at any time.

Contact 246-9622 or visit sfymca.org
 Rachel Forero, Aquatics Manager